

**Drowning in Debt?
We Can Help!**



W|B|L|I
INCORPORATED
TRUSTEE IN BANKRUPTCY

902 482 2000 • 4debtrelief.com



Seeking some Common sense

Councillor wants greater
protection for historic
Halifax Common PAGE 3

WHAT TO EXPECT WHEN EXPECTING UNUSUAL PARENTING CHALLENGES AWAIT WILL AND KATE PAGE 13



HALIFAX

metro

®

Monday, December 10, 2012



News
worth
sharing.

metronews.ca | twitter.com/metrohalifax | facebook.com/metrohalifax



WORLD JR. HOPEFUL

A pedestrian walks past a large mural on the side of an building near Robie Street depicting Halifax Mooseheads forward Nathan MacKinnon. The 17-year-old from Cole Harbour is leaving for Calgary Monday to attend the tryout camp for the Canadian junior team. JEFF HARPER/METRO

Bloomfield Centre sale raises concerns

Questions. Volunteer group wants council to grant time to discuss issues with top bidder before purchase is finalized



**RUTH
DAVENPORT**
ruth.davenport@metronews.ca

The volunteer organization that's helped shape the vision for redeveloping the Bloomfield Centre wants Halifax regional council to delay approval of the sale on Tuesday.

HRM staff are recommending selling the centre to the Nova Scotia Housing Corp., the highest-scoring bidder for the aging facility at Almon and Agricola Streets.

Susanna Fuller, chair of Imagine Bloomfield, said a provincial agency may be best suited to redevelop the site, but she said the housing corporation



The Bloomfield Centre
JEFF HARPER/METRO

didn't consult adequately with her group about its proposal.

"With two of the developers, we met with their architects, we were a full partner, we helped them craft language," said Fuller. "If we'd been able to do some of that, the province may have scored higher in some of the areas where they didn't."

The housing corporation received a score of 18 out of 35 for its "understanding of the vision and objectives for the site."

Fuller said there are also

indications that too much emphasis has been placed on money, noting the staff report recommends reinvesting just 10 per cent of the sale proceeds into the centre — well short of what Imagine Bloomfield has asked for.

In addition, the housing corporation received the best score on the financial aspect of its bid.

"The outcome here was not to fill HRM's coffers, the outcome was to have maximum implementation of the Master Plan," she said. "So if that's the case, you would look at things, from a financial perspective, differently."

Fuller said Imagine Bloomfield will meet with provincial representatives on Wednesday, but it wants regional council to delay a vote on the sale in the meantime.

"This is all good, we have some questions," she said. "That's our job and it's been our job all along, to ensure that the process exemplifies the outcome."

LASIK MD
VISION

FREE Consultation

1-866-999-0435 • lasikmd.com

LASIK NOW, PAY IN 2014!*

\$0 DOWN \$0 PAYMENTS \$0 INTEREST

**LIMITED
TIME
OFFER!**

LASER VISION CORRECTION
Starting at

\$490 /eye*

Blade-Free All-Laser LASIK Available



Dr. Christopher S. Jackman
MD, FRCSC
Over 25,000 procedures

*Subject to Desjardins Card Services credit approval. Patients must reserve their procedure for surgery by February 28, 2013. Offer is only available to patients who are eligible to be treated with Custom LASIK on both eyes only. Cannot be combined with any other offer, discount or promotion. Price is based on prescription strength. Applicable to surgery on both eyes only. Other conditions may apply.

MONDAY, DECEMBER 10

**TODAY
ONLY****Leather handbags by
CALVIN KLEIN,
B. MAKOWSKY,
FRANCO SARTO,
TIGNANELLO and
STEVE MADDEN**Bags are available in assorted styles.
Calvin Klein styles #H2GAA909 and #H2RB1283.*Shop thebay.com***\$99**Regular
\$198 to \$300**\$49**Regular
\$100 to \$150\$49
TIGNANELLO.
Reg. \$100\$49
TIGNANELLO.
Reg. \$150\$99
STEVE
MADDEN.
Reg. \$200\$99
STEVE MADDEN.
Reg. \$200\$99
CALVIN KLEIN.
Reg. \$198\$49
FRANCO SARTO.
Reg. \$100the **Bay***Shop online at thebay.com*

Be the first to know about our One Day Sale offers



Sign up at thebay.com for email updates



twitter.com/thehudsonsbayco



facebook.com/hudsonsbaycompany



Shazam our One Day Sale radio ads

\$10**New Red Striped Mittens
have arrived.**Net proceeds from the sale of every pair of
Red Mittens go directly to the Canadian
Olympic Foundation, helping athletes achieve
their Olympic dreams. Exclusively Ours.

Shop the entire Olympic collection online at thebay.com



Here comes the sun. Solar City gets green light from HRM staff

City staffers are giving a thumbs-up to the launch of the Solar City pilot program.

A report going to the weekly regional council meeting on Tuesday recommends approving the budget and contract tender to help homeowners adopt solar hot-water technology.

"I think it will be a really important opportunity ... to reduce our greenhouse gases and dependency on non-renewable sources of energy," Coun. Jennifer Watts (District 8) said on Sunday.

The budget for the program is \$8.2 million, which includes \$1.25 million in cost-sharing from Efficiency Nova Scotia and \$6.37 million from participants. Under the program, 1,000 homeowners will get solar panels installed in their home, to be financed through a lump-sum payment or regular instalments.

Watts said the program provides confidence to homeowners, supports the local industry and is a first in Canada. "This is about getting out there and saying ... 'We want to take this issue of renewable energy seriously and be active as a municipality in supporting our residents,'" she said.

RUTH DAVENPORT/METRO

Solar City skinny

- If council approves the program, staff will hold open houses in late January to provide more details to the public.
- Information is also posted at halifax.ca/solarcity.



Coun. Jennifer Watts says the land within the boundaries of the original Halifax Common needs an added layer of protection. METRO FILE

Looking for guidance on Common ground

Long-term planning. Councillor wants new Master Plan to address protection, use of open space in original Halifax Common

Quoted



"It is such a unique feature on the peninsula. It's important to have another level of planning and understanding, because we can't treat that land the same way." Coun. Jennifer Watts



RUTH DAVENPORT
ruth.davenport@metronews.ca

The regional councillor for Peninsula North will ask council to approve a request this week for a new, comprehensive Master Plan for the historic Halifax Common.

Coun. Jennifer Watts says the land within the boundaries of the original Common —

which stretch as far south as South Park Street — deserves an added layer of protection and understanding in terms of future uses.

"We've lost sight of what the historical significance is of the Common and what we really want to be doing with that land and seeing how it fits in the community," she said.

Ideally, Watts said, the new plan would build on a 1994

policy and could be incorporated with the Open Space component of the Centre Plan, also under development.

She said it's important to have the value of open, green space enshrined in policy, especially as the municipality works to increase density in the urban core. "We have to be very mindful that as we bring more people onto the peninsula, we need to protect open

space, parkland and natural corridors," Watts said. "That's what's going to give quality of life to people living here."

Watts said the Common Master Plan would consider uses for open spaces — which include the north and central Common, but also the Public Gardens, Wanderer's Grounds and Victoria Park — connections in terms of active transportation, and compatible uses that could help guide development.

"The central Common is very congested with multiple uses, and some of them are no longer functioning," Watts said.

Watts' motion calls for a public-consultation process, and requires staff to report back to council with the proposed plan in 18 months.

1 NEWS



ShopParkLane.ca Like us for a chance to WIN!

Wrap Up
your Holiday Shopping
and Support a Good Cause!

Gift wrapping service with your donation
to FEED NOVA SCOTIA, at Park Lane from Dec. 3rd to Dec. 22nd.
Receive a ballot for your chance to WIN a \$250. Mall Gift Certificate.

PARK LANE

feed
nova scotia



Make your wallet *happy*

With **0%** financing for up to **60 months**
on 2013 Corolla and 2013 Matrix*



Corolla S
model shown

Matrix XRS
model shown

Or lease a **2013 Corolla CE**
with automatic transmission from



\$199**
PLUS TAX.
PER MO.
/60 MOS.

\$0
DOWN
PAYMENT

\$0
SECURITY
DEPOSIT

Visit your local Atlantic
Toyota dealer for details.

[facebook.com/toyotaatlantic](https://www.facebook.com/toyotaatlantic)



TOYOTA

toyota.ca

*Offers valid on 2013 Corolla, 2013 Matrix. Leasing/financing plans from Toyota Financial Services. Finance example: \$20,000 at 0% per annum equals \$333.33 per month for 60 months. C.O.B. is \$0 for a total obligation of \$20,000. **2013 Corolla CE (Model 1BU425P-A) lease based on a low kilometre 60 month walk away lease, 100,000 kms and a lease rate of 1.9%. First lease payment due on delivery. Total lease obligation of \$11,940 with \$0 down. Purchase option price of \$7,074. Lease includes a maximum of \$1,465 for freight and P.D.E. Dealer contribution of \$95.00. Taxes, license, insurance and registration not included. Offers valid on retail delivery of new unregistered 2013 Toyota vehicles when purchased/leased, registered and delivered between December 1, 2012 and January 2, 2013. Individual dealer may sell/lease for less. Vehicles may not be exactly as shown. Offers subject to change/cancellation without notice. See your participating Toyota Dealer for details.

Cole Harbour. Child, 4, hospitalized after being bitten by pit bull

A four-year-old girl was taken to hospital on Sunday afternoon, after being bitten by a pit bull inside a Cole Harbour home.

Police were called at 1:15 p.m. to 510 Arklow Dr. The girl was taken to hospital by paramedics with non-life-threatening injuries.

There is no word on where the girl was bitten, or how badly.

"We don't normally release medical details," said Sgt. Peter Ferguson of Halifax RCMP.

The child was visiting the home when police were called.

The dog remains in the cus-

Details

- No one was answering the door later Sunday afternoon, but police say the victim was a family friend.

tody of the homeowner, police say, with a followup investigation being done by HRM By-Law Animal Services.

"They'll have to make a decision in regard whether to lay charges and whether the dog gets seized or not," Ferguson said. **HALEY RYAN/METRO**

Struck by car

Police officer seriously injured after being catapulted into ditch

Halifax RCMP say one of its officers was seriously injured after being catapulted into a ditch after his vehicle was hit by an out-of-control car on the Bedford By-Pass at Rocky Lake Road on Saturday morning.

Police say the officer was

standing near his cruiser, which had its emergency lights on when he was struck by a car that lost control on the slippery road around 5:30 a.m. The officer flew over a 30-foot embankment and onto rocks and tree stumps.

The officer was rushed to hospital with serious, but non-life-threatening injuries.

Police were on scene of a previous accident after a driver lost control of his vehicle and went into a ditch due to the slippery road conditions. The driver of that car and the passengers weren't hurt. **METRO**

Man seriously hurt after being hit jaywalking

A man suffered serious injuries after he was struck by a car as he jaywalked across Barrington Street on Saturday night.

Police say the accident happened at 8:50 p.m. about 16 metres from the crosswalk at Barrington and Cornwallis streets.

"It was dark and raining so visibility was very poor," said Staff Sgt. Barb Saunders of Halifax Regional Police. "One vehicle missed him and a second vehicle didn't have

No charges expected

- The victim's injuries aren't life-threatening and no charges are expected.

a chance to break in time and struck the victim."

Saunders added the accident is a reminder to pedestrians that when crossing a street, use a crosswalk.

PHILIP CROUCHER/METRO



A number of roads are blocked off in Greenwood around a Hall Road home where a man has barricaded himself inside the residence. **KING'S COUNTY REGISTER**

Standoff: Man with gun barricades himself in home

Kings County. Neighbours evacuated as a precaution

Kings District RCMP spent over 24 hours negotiating with a man who barricaded himself inside a home near Greenwood over the weekend.

As of 8 p.m. Sunday, RCMP members, the force's emergency response team and EHS paramedics were still at the Hall Road home where they were called at 7:30 p.m. Saturday in response to an "emo-

tionally disturbed" individual who may have firearms.

Const. Blair MacMurtry said police have been in contact with the man on and off and "are going to keep at it until we have a peaceful resolution."

The man is alone in the home, police confirm.

MacMurtry said he does not expect to release the name of the man or his civic address until the situation is resolved. "Negotiations are stressful and we don't want to add any more stress to the situation."

Roadblocks are set up to

Eyewitness account

Cheryl Johnstone said the man, who she has never met in 10 years she has lived across the street, was peeking out the window of his home as she and her partner drove away.

- "That was a little nerve-racking," she said.

homes.

Cheryl Johnstone, who lives across the street at 53 Hall Rd., said two police officers in riot gear showed up at her door around 3 p.m. advising her to leave.

"They said they couldn't guarantee we would be able to leave for work in the morning," she said. "They didn't want us to move after dark."

She said she and her partner were told to stay away from their picture window and they were not allowed to drive past the driveway of the home where the standoff is underway. **KING'S COUNTY REGISTER**

help keep members of the public away from the area and a number of neighbours have been evacuated from their

DECADENCE
CHOCOLATE | WINE | CHEESE

Tickets \$49⁹⁵

an evening of indulgence

Thursday, February 7
at Casino Nova Scotia

Rare & Fine
Wine Tasting

Tickets \$99⁹⁵

Friday, February 15
at Casino Nova Scotia

Imbibe
a cocktail story

Tickets \$49⁹⁵

Thursday, February 21
at Casino Nova Scotia

Savour
food & wine

Tickets \$79⁹⁵

Thursday, February 28
at The Cunard Center

Savour
food & wine

Tickets on sale now!

Tickets at eDining.ca or 902-429-5343

Canuck girls get game

Next generation.
Soccer stars inspire youth at training centre



HALEY RYAN

haley.ryan@metronews.ca

Practising with members of the Canadian women's soccer team in Halifax was a "once-in-a-lifetime" event, said Spen-

cer Skinner.

"It was the mindset like 'I can do that too,'" said the 14 year-old, who trained Sunday with Olympic bronze medalists Christine Sinclair, Karina LeBlanc, Rhian Wilkinson and Diana Matheson.

"I wish I could do it again," said Rachel Henry, Skinner's teammate on the under-15 Nova Scotia girls' team.

The two-hour sessions at the Soccer Nova Scotia Train-

ing Centre began Friday night and ran until Sunday morning, with under-10s to under-18s learning new skills and getting advice from the athletes.

"It was really motivating," Skinner said.

Skinner and Henry said the four Olympians taught drills but also gave the girls one-on-one attention. Skinner said the mentors weren't sugar-coating what the younger girls

Golden initiative

"It was one of the better things we have done in the past 10 or 15 years."

George Athanasiou, Soccer Nova Scotia CEO

needed to improve on.

"But it made you want to get better," she said. "I'll definitely take stuff from what I learned today and try and put

it in my everyday soccer life," Henry added.

George Athanasiou, CEO of Soccer Nova Scotia, said the event was "100 per cent perfect."

"Our players were ecstatic," Athanasiou said. "I don't think you will see any of ... these girls dropping out of soccer any time soon."

Athanasiou said now the pressure is on to bring players from the national men's team

to Halifax so boys across the province can have a similar experience.

"The message came loud and clear ... 'Everything is possible, you just have to believe,'" Athanasiou said.

Skinner and Henry said they want to make the national team eventually, and get their own Olympic medals like the ones they held Sunday.

"But a gold one!" Skinner said.



Canadian soccer star Christine Sinclair, second from right, talks to a group of young players as three of her teammates look on during a three-day camp at Soccer Nova Scotia's indoor facility on Friday. PETER BLACK/CONTRIBUTED

Sydney robbery

Wanted man arrested in Halifax

One of the men involved in an armed robbery at a convenience store in Sydney over the weekend has been arrested in Halifax.

Cape Breton Regional Police say two suspects, one of them armed with a knife,

entered the Terrace Street Dairy with their faces covered demanding money from the female clerk.

While one of the 21-year-old suspects was quickly located and arrested, the second escaped.

Police were able to identify the second suspect, who had boarded a bus for Halifax. He was arrested late Saturday. **METRO**

Dartmouth park

Two boys charged after man mugged

Police in Halifax have arrested two boys after a robbery in the suburb of Dartmouth early Saturday.

Police say a 23-year-old man was walking through the Dartmouth Commons around 3 a.m. when he was

approached by two men who threatened him with bear spray. They say the suspects took the man's wallet and other personal items. The victim was not injured.

Police say a canine unit led officers to nearby Shore Road and Geary Street, where two boys matching the victim's description were arrested. They face robbery charges. **THE CANADIAN PRESS**

Chignecto-Central

School board work staff vote to strike

Bus drivers, custodians and tradespeople in a Nova Scotia school board have voted to strike.

Employees in the Chignecto-Central Regional School Board voted 87 per cent in favour of strike action

on Saturday.

CUPE Local 3890 includes about 500 workers in Colchester, Pictou and Cumberland counties. Local president Ron Davis says the board wants to eliminate the minimum-four-hour workday, and to stop paying bus drivers for the time it takes to drive the bus from the terminal to the first student's home. **THE CANADIAN PRESS**

IF IT'S IN
YOUR HEART

Local goodness • Local colour

It's here!

Local gifts • Local flavours

THE MARKET IS
WHERE YOUR HEART IS

Join us for a girl's night
out with gift ideas, food
stations, wine sampling,
cocktails and decor tips!

**HER HOLIDAY
SHOPPING
PARTY:
DEC. 11
(5 PM - 8 PM)**

**HALIFAX SEAPORT
FARMERS'
MARKET**

1750

HALIFAXFARMERSMARKET.COM

Winnipegger's new life includes happy children, bullet-riddled homes

Middle East. Young woman says both sides in conflict just want to live in peace

AMANDA THORSTEINSSON
For Metro in Winnipeg

For Emma Bergen, 19, the hardest part of visiting a Palestinian refugee camp is seeing the bullet holes piercing the walls and doors of the homes of the young children with whom she works.

"It didn't occur to me that anyone would shoot at a family's home," said Bergen. "It's disturbing to know the children and their families have lived through house invasions and violence, and to

see proof of it permanently in their doors and walls.

"It shocks me, because if someone can do this to a family's home, where does it end?"

About a month after graduating from Westgate Mennonite Collegiate in Winnipeg this past June, she moved with her family to Jerusalem.

Twice a week, Bergen leaves Jerusalem for Aida camp — a United Nations refugee camp in Bethlehem home to about 4,700 people squeezed into less than a square kilometre.

The camp has just one food-distribution centre, no health centres, and a single school. With no streetlights and sporadic electricity, refugees spend their nights in the dark.

But for Bergen, a children's

centre within the camp is a place she has found joy and acceptance.

"I bring supplies like chalk, pastels, pencil crayons and paint, and together with the children, we colour, draw and trace.

"I love to be in the atmosphere where the children can be children," she said. "I feel accepted by them, and it shows in the way they pull me over to their parents and introduce me in Arabic."

The children are third- and fourth-generation refugees who have never known life outside the camp. Israelis have settled land in the West Bank that the Palestinians claim as theirs.

But Bergen hasn't witnessed bitterness or hate in the children with whom she works.

"The children are joyful and full of acceptance. They love to play and make friends," she said.

The children's centre where Bergen volunteers is the product of Palestinian parents who realized that refugee-camp life was stealing



Emma Bergen, centre, at the children's centre in a Palestinian refugee camp, where she volunteers twice a week.

HANDOUT/METRO

Quoted

"I've never heard a Palestinian person say they want to kick Israel off their land. They want to live together in peace."

Emma Bergen, 19, who recently moved to Jerusalem with her family

away childhood from their young ones.

One thing that helps Bergen cope with what she witnesses in the camp is talking

about her experiences with people on both sides of the fighting.

"There are a lot of Israelis who want a peaceful end to

the conflict too," she said.

"I'm not even in this situation, and it gets me so angry. But they continue to strive for peace, and it's inspiring."

Commitment key to bridge West Bank barrier



Emma Bergen stands with Salah Ajarma, a founder of the children's centre, at the entrance to the refugee camp. On the right is the wall. HANDOUT/METRO

Joanna and Dan Bergen moved with their two daughters from Wolseley to Jerusalem to work with Mennonite Central Committee (MCC) in July. They have committed to stay for a three-year term.

The couple oversees MCC's peace-building programs between Israeli and Palestinian people and poverty-reduction programs in Gaza and the West Bank.

Dan is on leave from teaching high school in the Winnipeg School Division and Joanna previously worked as MCC's HIV-AIDS program co-ordinator.

The recent surge in violent conflict between Hamas and Israel hasn't made them regret their decision to move.

AMANDA THORSTEINSSON/FOR METRO

Hot zone

"The reality of working in Israel/Palestine is that things can 'flare up' at any time, and we knew that going in," said Joanna Bergen. "We don't feel any differently now than when we first agreed to live and work here."

All along the watchtower

Drawing the line

While there's joy and laughter in the children's centre, more menacing things reveal themselves.

"Sometimes when I ask the children to draw something, they draw the wall," said Emma Bergen.

The wall refers to the 670-kilometre-long barrier Israel began constructing in 2002 in and around the occupied West Bank.

The Israeli government said the wall is necessary to protect its citizens from

Palestinian militants.

Palestinian friends tell Bergen the wall cuts them off from their farmland, water sources and family members.

It's something Bergen sees every day when she's at the camp. The wall, with a military watchtower overhead — is right outside the children's centre.

"You walk by and you know that you're being watched. You know someone is always looking down on you, and they think of you as a threat," she said.

"It feels demeaning."

AMANDA THORSTEINSSON/FOR METRO



YOUNG DRIVERS®

Prepare for the Road Ahead

425.1322

www.yd.com/halifax



The One & Only

ONLY Young Drivers of Canada offers the exclusive, most effective **Collisionfree!™ Approach**, so you can be confident behind the wheel.

Next Course:

Dartmouth December 27 Daytime
Halifax Dec 27 Daytime
Sackville Dec 27 Daytime

**Call about
our new course
pricing**

Pipeline. Docs show review was influenced by oil industry: Greenpeace

A review of pipeline safety commissioned by the Alberta government after a series of high-profile accidents was heavily influenced by industry and designed more to quiet public concern than improve the system, say Greenpeace campaigners.

They say documents obtained under Freedom of Information legislation suggest the terms of the review were OK'd in advance by pipeline-company officials.

"There's a difference between talking to industry and asking for their approval," said Greenpeace energy spokesman Keith Stewart. "It looks like industry got to

Oil spills

The Alberta government asked for the technical safety review last summer following three pipeline-related spills.

- **Red Deer River.** In one of those spills, a Plains Midstream Canada pipeline leaked about 475,000 litres of oil into the Red Deer River, a major drinking-water source for central Alberta.

write the terms for this review." **THE CANADIAN PRESS**

Recurring illness

Chavez in Cuba for cancer treatment

Venezuelan President Hugo Chavez, 58, was heading back to Cuba on Sunday for more cancer surgery after announcing that the illness returned despite two previous operations, chemotherapy



Hugo Chavez THE ASSOCIATED PRESS

and radiation treatment. **THE ASSOCIATED PRESS**

Mandela in hospital as his party faces leadership crisis



Former South African president Nelson Mandela leaves a chapel after attending the funeral of his great-granddaughter Zenani Mandela in Johannesburg in June 2010. South African President Jacob Zuma says that Mandela has been admitted to hospital in Pretoria to undergo tests. SIPHIWE SIBEKO/THE ASSOCIATED PRESS FILE

Fighting spirit.

Former South African president, 94, has battled tuberculosis, prostate cancer

Inside a Catholic church that once served as a major rallying point for anti-apartheid activists, the image of a grey-suited Nelson Mandela appears in a stained-glass window that also features angels and the cross.

Worshippers here prayed Sunday for the hospitalized 94-year-old former president, who remains almost a secular saint and a father figure to many in South Africa, a nation

Leading by example

"When you have someone that's willing to lead by example like he did, it makes things easier for people to follow."

Church-goer Thabile Manana

of 50 million people that has Africa's top economy.

Mandela's admission to the hospital this weekend for unspecified medical tests sparked screaming newspaper headlines and ripples of fear from the public that the frail leader is fading further away.

And as his African National Congress political party stands ready to pick its leader, who likely will be the nation's next president, some believe governing-party politicians have abandoned Mandela's integrity and magnanimity in a seemingly unending string of corruption scandals. That leaves many wondering who can lead the country the way the ailing Mandela once did.

On Saturday, the office of President Jacob Zuma announced Mandela had been admitted to a Pretoria hospital for medical tests and care that was "consistent for his age." Zuma visited Mandela on Sunday morning at the hospital and found the former leader to be "comfortable and in good care," presidential spokesman Mac Maharaj said in a statement. **THE ASSOCIATED PRESS**

UNWRAP

ONE DIRECTION

November 12 to December 20

Like us on Facebook to grab your ballot for the chance to win a trip for two to see One Direction in Toronto!

[f / BedfordPlaceMall](#)

Bedford Place Mall
You'll find it here.

Special in-store offer

This promotional gift package includes a CPAP bed pillow, CPAP tubing, mask cleaning wipes and CPAP filters

An \$85 value for \$60

Wishing a Happy Holiday and a sincere thank you to our valued patients for your patronage in 2012.

The Snore Shop works with health care providers to help identify and manage snoring and Obstructive Sleep Apnea.

the Snore Shop

Halifax | Dartmouth | Lower Sackville

[thesnoreshop.ca](#)

War-crimes tribunal accuses Economist of hacking judge

Bangladesh. Inquiry asks news magazine to explain how it obtained emails and Skype discussions

A Bangladesh war-crimes tribunal has accused the British magazine The Economist of hacking the computer of its presiding judge to record conversations and read emails he exchanged with a lawyer.

The magazine did not directly address the charges, but said it was in possession of conversations and documents that raised serious questions about the workings of the tribunal.

The tribunal is trying 10 opposition politicians on charges of arson, rape and other atrocities committed during the country's 1971 war of independence from Pakistan.

Bangladesh says that dur-



ing the war, Pakistani troops, aided by their local collaborators, killed three million people and raped about 200,000 women.

In an order passed last week, the tribunal accused The Economist of computer hacking and asked it to explain how it got emails and heard Skype conversations between Presiding Judge Mohammed Nizamul Huq and

Ahmed Ziauddin, a lawyer of Bangladeshi origin living in Brussels, Belgium.

In an article published Saturday, The Economist said it has heard 17 hours of recorded telephone conversations and seen over 230 emails between Huq and Ziauddin.

"These emails, if genuine, would indeed raise questions about the working of the court and we are bound to investigate them as fully as we can," the article said.

The Economist rejected the tribunal's demand that the emails and recorded conversations be returned to it without being published.

"This material is confidential and we are bound by law and the British press's Code of Conduct not to reveal such information except in matters of the most serious public interest. We did not solicit the material, nor pay for it, nor commit ourselves to publish it," it said.

THE ASSOCIATED PRESS



Long Distance

\$25 FREE To anywhere in the world



Lowest Rate Guarantee

- ✓ No contracts
- ✓ No matter where you call
- ✓ No matter what rate you currently pay

We'll beat it, GUARANTEED!

Cuba 89¢	Croatia 2¢	Bangladesh 3¢	Mexico 1¢	Venezuela 1¢	UAE 14¢	Israel 1¢
Philippines 10¢	Kazakhstan 4¢	India 1¢	Romania 3¢	Ukraine 8¢	Vietnam 3¢	Iran 4¢



Unlimited Canada

Unlimited calling to anywhere in Canada

\$5
/month



India

1000 Minute bundle only \$10/month

1¢
/minute



1-866-519-8090

www.comwave.net

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. LONG DISTANCE: Lowest Rate Guarantee is based on competitors lowest advertised rates for live services. Comwave will not rate match against charity or internet services, bundled minute plans or prepaid calling cards due to their insurance billing efforts. \$25 flow guarantee is applied 25 per month for 3 months. No minimum usage required. Calls to Overseas Mobile Phones may be billed at a higher rate. Unrecorded usage is governed by our Net Usage policy. In general, above available at www.comwave.net/low.



Canada's Largest & Most Successful
Smoothie and Juice Chain

VISIT OUR OPEN HOUSE
Thursday, December 13th
at the Delta Halifax Hotel:
1990 Barrington St, Halifax
10am to 6pm

Learn more about our
franchise opportunities for
Halifax, New Brunswick
and Prince Edward Island.

416-621-3968

boosterjuice.com



15 minutes of fame!

Call 420-1013 weeknights
to co-host the Interactive
NINE@9 with Ruby!

Discovered this week:

- ★ Nick from Cole Harbor
- ★ Emma from Halifax
- ★ Lauren from Halifax
- ★ Amber from Halifax

Interactive
NINE@9

1013TheBOUNCE.com
info@1013thebounce.com

Get the BOUNCE
Mobile app here



**NEED
COOL
DESIGN
TIPS?**

Read
metrohome
every
Thursday.



PRICKLY DEXTER NOT DOING HIMSELF ANY FAVOURS



**URBAN
COMPASS**
Stephen Kimber
halifax@metronews.ca

How and why did avuncular, reasonable-man-trying-to-do-the-right-thing Opposition leader Darrell Dexter morph into prickly, why-should-I-answer-your-reasonable-question Premier Darrell Dexter?

Last week, as the House of Assembly wrapped up its fall sitting, Dexter announced — not in the legislature where you might have expected it, but in a puffed-up State of the Province speech to an audience of 400 Chamber of Commerce types — that his government had commissioned an independent study on the economics of importing electricity from the proposed Lower Churchill hydroelectric project in Labrador.

Why wasn't it mentioned?

What makes that announcement so intriguing, of course, is the premier had said nothing about the report before, despite ongoing opposition calls for exactly such a study and two emergency debates in the legislature.

Huh?

It turns out his government signed an untendered \$85,000 contract with Power Advisory, a Massachusetts-based consultant, on Sept. 24, 2012. The company's final report is expected within weeks.

What makes that announcement so intriguing, of course, is the premier had said nothing about the report before, despite ongoing opposition calls for exactly such a study and two emergency debates in the legislature.

The Opposition, understandably, sniffed something nefarious. Dexter, suggested Tory Leader Jamie Baillie, "has determined what he wants the outcome to be, and he wants to make sure that's what it is before he releases the report."

Dexter was airily dismissive. He hadn't seen the report, he told reporters. So why had he waited so long to mention it?

"I told you about it when it was appropriate to tell you," he non-answered.

No, but really? Why not announce it ... any time before now? "It's not a riddle," Dexter said. "I'm not trying to be anything but forthright," he said, being everything but.

It's hard to remember now, but Dexter — before he discovered the perks of premier power — was once considered a straight-talking, sense-making pragmatist.

As his government gears up for re-election, its real problem is not what Dexter called our "fractured political landscape of successive governments going from majority to minority status and then being replaced," or even — generally speaking — its policies. Its record, though far from inspiring, is defensible, especially in these straitened economic times. And some of its big picture, down-the-road plans, including the Lower Churchill and the ship-building contract, offer at least the prospect of a better tomorrow.

But until and unless Dexter re-discovers what brought him to power in the first place, his party's own short-term political prospects seem unlikely to improve.

Facing extinction

Partridges in pear trees tough to find in Britain these days

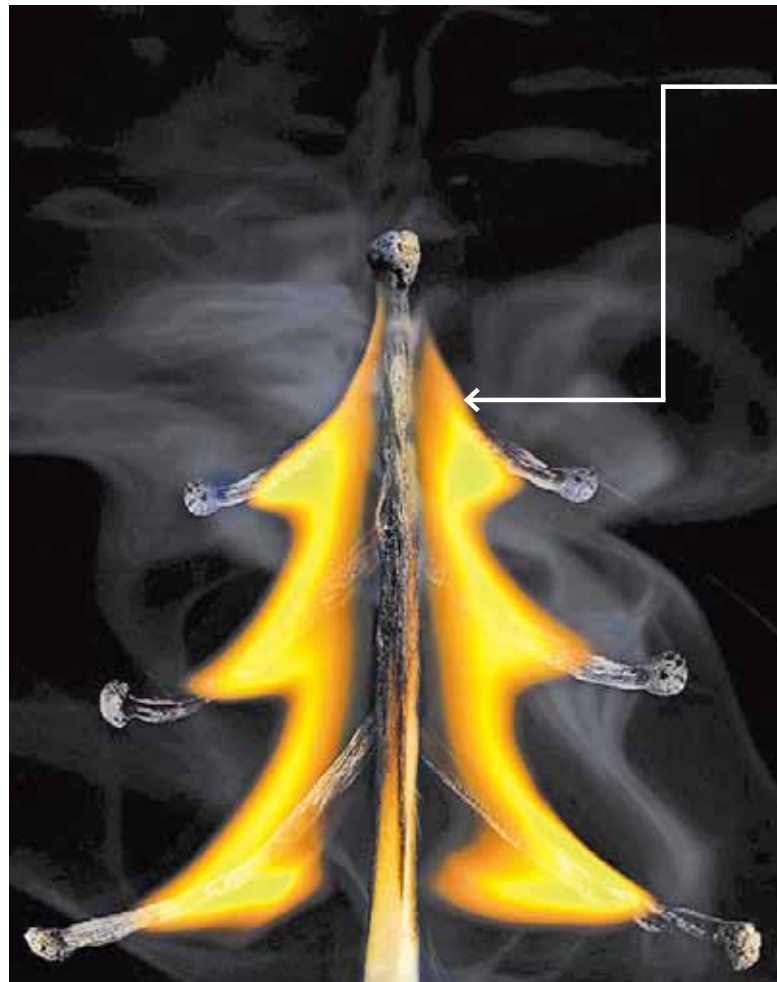
Britain's Royal Society for Protection of Birds says the two icons of the Twelve Days of Christmas — grey partridges and turtledoves — are in alarming decline. It said authorities should act to prevent them from becoming just distant memories within the famed Christmas song.

The society says the number of partridges have dropped 30 per cent. Turtledoves are even worse off — with a 60 per cent decline in numbers. The society warns, at this rate, the dove will face extinction by the middle of the next decade.

Society spokesman Grahame Madge said that budget cuts by the British government and the European Union threaten farm programs that support wildlife like the birds.

THE ASSOCIATED PRESS

The Christmas tree is on fire!



STANISLAV ARISTOV/REX FEATURES

Match art photography

This art is literally smoking hot

Some bright spark has set the art world alight and created this festive image using spent matches and fire.

Stanislav Aristov, 30, makes miniature sculptures like this one by bending the matches into the desired shape while they are burning and then, using a macro lens and studio flash, he takes the photograph.

METRO

Artist's viewpoint



"There is burnt for the past, the smoke of memories left and the untouched part of the match the future. The fire is the life."

Stanislav Aristov, 30, IT specialist and part-time artist from Ekaterinburg, Russia

Accidental beginnings

How he had his eureka moment

Like many ingenious creations, Aristov's art came about by accident. Unable to come up with an idea, Aristov struck a match before noticing the incredible patterns formed in the carbon of the used wood — and so match art was born.

"It was while I was watching the match trying to think of something that I began to think of how it represents life," Aristov said.

METRO

Characteristics

Art produces 'very freakish forms'

For Aristov, the key characteristic of his match art is its unexpected shapes and composition, despite its use of a rather ordinary

object.

"Matches, of course, are quite a usual object, but it turned out (they) can be presented in very unusual ways," the artist said.

"Fire, as well as smoke, sometimes swirls in very freakish forms, which bring very interesting associations." METRO

Match art in numbers

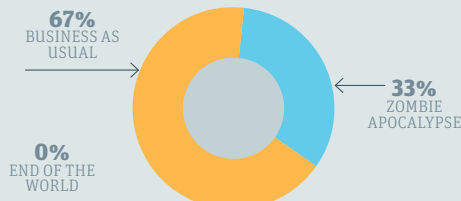
200

is the amount of camera shots Aristov sometimes requires in order to capture the perfect match art composition. Aristov's amazing images include a smokey butterfly, a dangling spider, crawling lizard and a burning heart.



Register at metropolitanpanel.ca and take the quick poll

What's your prediction for Dec. 21, 2012?



Twitter

@seanfrancois:

Big shoutout to @karinaleblanc @sincy12 @rhrhi8 @dmatheson8 for coming to Halifax this weekend, inspiring & teaching youth players. #CanWNT

@RiztheRaja:

What an inspirational morning! Got to meet @sincy12 Christine Sinclair!!!!and members of the Olympic soccer team! #inspire #Canada

@SiobhanShosho:

i wonder if halifax water will ever stop tasting like mouldy swamp water? it would be nice to not be dehydrated all day at work!

@KristiColleen:

Halifax, your weird "streets becoming other streets" thing confuses the he-- out of me.

@aylalucey:

Sad life when the Halifax shopping centre excites you after becoming use to the stupid charlottetown mall #peiater

Fewer members presents fewer problems for rising Japandroids

Celebration Rock.

Electronic duo trying to adapt to playing bigger venues after successful new album

LUKE O'NEIL

Metro World News in Boston

There's no question that electronic dance music has been the primary driving force in music for the past few years.

We would never be so misguided to set up some sort of oppositional binary between DJ culture and traditional rock music (because obviously both can exist peacefully). But if we had to, there's no question which band would go as the first pick in our hypothetical fantasy music draft: Japandroids.

The sound on their acclaimed second record, *Celebration Rock*, is the Platonic ideal of shouted basement-show punk vehemence, best exemplified by song-of-the-year candidate, *The House That Heaven Built*.

The Vancouver band's success has found them graduating from the smaller clubs from which their stage-dives and bro-hugs aesthetic was born into much larger rooms, on an exhaustive tour that will bring them for the first time to Australia, Korea and, of course, Japan.

"I feel like we live on the road," drummer and vocalist Dave Prowse says from Tampa, Fla.

"We just tend to tour pretty hard, and not really take a lot of breaks. ... I think because we were kind of a struggling local band for two years, as soon as we got the opportunity to tour and see



Japandroids Dave Prowse and Brian King. HANDOUT

a lot of places, we had a hard time saying no to anything."

In the early days, working as a duo made that sort of schedule a lot more feasible, he says.

"When we first started, it was us in a Ford explorer. It was a lot easier to make that work with two people. For a variety of reasons, being a two-piece makes logistics easier. Obviously

the money, and the fact that there's only one other person you have to come to an agreement with. In a six-piece, it's probably harder to convince six people to go on (the) road for two years."

That doesn't mean that he and guitarist Brian King don't still have their share of disagreements, but having known each other for so long, Prowse says, they're

on the same page about most things.

"The thing about being in a two-piece, you can't put anything to a vote, so if you disagree about something, you just have to figure it out. We have pretty similar ideas about lots of kind of trickier situations that bands have to make, with respect to things like licensing music for adver-

tisements or something like that, which is a big thing for a lot of bands. But neither of us are interested in doing that, so it's easy to say no to that. ... Obviously, there are certain moments where we disagree, (but it's) usually about small stuff rather than big stuff, which is probably the reason we're still a band after seven years."

2 SCENE

Now I know why
Santa
needs a sleigh.

With over 160 shops and services under one roof, a visit to Nova Scotia's biggest shopping experience should be a part of everyone's holiday tradition.

H&M
AÉROPOSTALE
JACK & JONES
AMERICAN EAGLE OUTFITTERS
Bath & BodyWorks
ALDO
boathouse

Jumanji on the loose again

Children of the '90s, prepare to get more excited than is acceptable while reading a gossip page: Jumanji — the Robin Williams classic in which a jungle board game comes to life — is getting a reboot. Zach Helm has signed on to write the remake, which will get "an update for the present," according to the Hollywood Reporter. We fear this means the kids get iPhones



Robin Williams

and anxiety complexes. But for now, let's assume it means wild corgis in designer safari hats.

Twitter



@RebelWilson

Thanks for all the marriage proposals x



@kirstiealley

So I'm a b--- today.. what's wrong with being a b--- ?? It's not like I've stabbed anyone in their Money-maker.....yet



@Rosie

Justin Bieber is Elvis - amazing last night @ jingle ball - didn't love the endless weenie grabs - but god he is angelic and beautiful



@SteveCarell

I'm thinking of starting a roadside assistance service for the desert. I will call it "Camel Tow"

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Lindsay Lohan in the holiday spirit — and wanted too!



THE WORD

Monica Weymouth
scene@metronews.ca

Lindsay Lohan, bless her crazy little heart, is getting into the holiday spirit and playing Gossip Santa. Let's review her weekend, shall we?

On Friday, Linds was all smiles in the front row at New York City's Jingle Ball concert during The Wanted's performance. She's rumoured to be dating a member of the boy band, Max George, who more or less confirmed some aspect of some relationship:

"We can stay out of trouble and keep her out of trouble," he tells PerezHilton.com. "She can party just as hard as us. She's a great girl."

All "great girl" comments aside, we've endorsed fibre breakfast bars more enthusiastically than that. And it seems like Lohan might be less happy than she's letting on for the cameras — from what Metro heard at the Jingle Ball, she was allegedly seen crying in a bathroom backstage. (Then again, who doesn't have a good cry at their boyfriend's holiday party?)

Not to pile it on, but yesterday TMZ reported that Lohan's finances are in such bad shape that she's struggling to pay the rent on her \$8,000-per-month Beverly Hills mansion. Ever since the IRS seized her bank accounts, she's reportedly been hitting up friends for money.



Megan Fox and Brian Austin Green ALL PHOTOS GETTY IMAGES

Fox and Austin Green adapt to growing family

Megan Fox and husband Brian Austin Green are thrilled about the arrival of their two-month-old son, Noah, but not everyone in the household is so enthusiastic. "Kash is a little indifferent," Fox tells

the Daily Mirror about her 10-year-old stepson, Kassius. "He's not experiencing any sort of jealousy or competitiveness, but he's not excited because he just wants to go play video games."

Zeta-Jones doesn't want to talk about bipolar

Catherine Zeta-Jones is starting to regret opening up about her 2011 hospitalization for bipolar disorder. "You know what? I'm sick of talking about it because I never wanted to be the poster child for this," she says in an interview with Good Morning America. "I never wanted this to come out publicly. It came out, and I dealt with it in the best way I could, and that was just saying, 'Hey, I'm bipolar.' Everyone has things going on and we deal with them the best we can. We can't jump from the rooftops



Catherine Zeta-Jones

shouting, 'I have this, look at me. Victim.' No, we all have issues in life."

NOVA SCOTIA'S NEW, MOST UNIQUE & COMPLETE "ONE-STOP" DESTINATION FOR ALL YOUR TROPICAL FISH NEEDS

Bedford Place Mall (Outside Entrance)
902.469.FINS (3467)
See our online Yellow Pages ad or GOOGLE us for more info

Receive FREE Product with Purchase of Any Tetra Kit!

10 gallon economy	\$49.99	\$5 Free Goods*
10 gallon deluxe	\$59.99	\$10 Free Goods*
20 gallon economy	\$99.99	\$20 Free Goods*
29 gallon economy	\$129.99	\$25 Free Goods*
55 gallon economy	\$219.99	\$35 Free Goods*

Great selection of MICRO KITS also available as low as \$16.99!
*Offer ends December 16, 2012

realstar management
it's your home

Ask about our rental incentives

Halifax Apartments
1881 Brunswick St, Halifax
1 & 2 BR
(902) 422 5747

Harbour Ridge
1663 Brunswick St, Halifax
1 BR
(902) 422 4545

MacDonald Apartments
5885 Cunard St, Halifax
1 & 2 BR
(902) 422 5033

Bedford Heights
22 Bedros Lane, Bedford
1 & 2 BR
(902) 431 8028

Stonecrest Village
80 Chipstone Close, Clayton Park
1 & 2 BR
(902) 457 3600

SPECIAL!
No Security Deposit!

realstar.ca

GLADSTONE NORTH
APARTMENTS

2761 GLADSTONE ST.
Call Doreen Mallon:
830 4300
GladstoneNorth.ca

1 BR, 2 BR, 3 BR & PENTHOUSE SUITES

- One, one + den, two, two + den three bedroom suites available
- Six Premium Appliances including Washer/Dryer
- In-suite Air Conditioning
- Large Corner Windows for Maximum Natural Sunlight in most suites
- High-Quality Laminated Floors
- Private Large Balconies
- Fully Secure Building with keyless entry
- Executive Penthouses Available
- Rooftop Garden
- Environmentally Friendly Features
- Bright In-door Parking*
- Walking Distances to all Amenities, on Bus Route

The best things in life are right outside the door!

Located at Almon & Gladstone

Royal baby makes three

Kate and Will. With the Internet buzzing about the Duchess of Cambridge's pregnancy, Metro's family columnist weighs in



IT'S ALL RELATIVE
Kathy Buckworth,
kathybuckworth.com

The announcement that royal couple Catherine and William are expecting their first child has many speculating how this baby and his or her famous parents will cope.

It can be hard for a normal, common family to adjust to family life. There are a few differences that spring immediately to mind when one thinks of a royal.

Like most new moms, much of Kate's hair will likely fall out during her first few postpartum months. However, unlike most new moms, she could potentially finance a small country with the money she would make by selling it on eBay.

Kate will have to decide what name goes best with the surname Wales.

Sadly, the name Hash-tag has already been taken. Luckily, AtSign, Double-BackSlash and Meme are all still available, should Kate and Will decide that Victoria, Elizabeth, George and Edward are too stuffy and old school.

Kate will have additional parenting challenges due to the fact that paradoxically her child, by virtue of being third in line for the throne, will technically be the boss of her.



Let the baby bump watch begin. Kate and Will are expecting their first child. ALASTAIR GRANT/ THE ASSOCIATED PRESS

Potty training days will bring new meaning to the

term "sitting on the throne." And while most babies

are congratulated for speaking their first word, the first

royal wave will also have to be rejoiced.

Come birthday time, likely Will Jr. asking for a pony will be a little redundant. But planning the party will be easy for Kate's side of the family, and uncle Harry's sure to be entertaining (and hopefully clothed).

For William, "Bring your child to work day," which doesn't typically happen until the child is 14, will need to be pre-planned now due to the security detail involved.

And there's really no point to Baby Wales taking daddy in for Career Day at school, as no other kid in the class will be able to aspire to have the "next in line for the throne" job.

Instead of sitting in line for hours to sign their child up for swimming lessons, Kate and Will will have to spend hours interviewing the royal swim instructor.

Likewise, the royal soccer coach, royal T-ball trainer and royal lice remover will also be interviewed.

Should their child get lice, they can force everyone around them to cut off their hair. This, history tells us, is a vast improvement over ordering a whole head to be cut off.

Good luck to you, Will and Kate. **KATHY BUCKWORTH IS AN AWARD WINNING WRITER. VISIT KATHYBUCKWORTH.COM OR FOLLOW KATHY ON TWITTER @KATHYBUCKWORTH**

The name game

Think you know what Will and Kate should call the future heir to the throne? Let us know at metronews.ca



Jewel on sparkling moments with son

DOROTHY ROBINSON
Metro World News

On top of her professional obligations — she's a co-host and judge on Platinum Hit and the spokeswoman for Pampers Baby Dry diapers — Jewel is also a mom to her 18-month-old son Kase and a wife to Ty Murray, the professional bull rider.

But as you can tell from the following interview, her life is far from a rodeo.

If you could highlight just one beautiful moment with your son, what would it be?
The morning is my favourite

Special times

"One of my favourite morning moments is getting to read with him."

Jewel on sharing mommy-son moments with her 18-month-old son, Kase.

time with my baby. I thought it was just me and Kase.

I just thought, "Wow, Kase is always in a great mood in the morning."

Then I talked to other moms and realized it's everyone's favourite time with their baby.

It's something kind of

magical — they are just in a good mood and it's just fun to hang out with them.

One of my favourite morning moments is getting to read with him.

Speaking of books, can you tell us a little bit about yours?

I wrote That's What I'd Do for Kase while I was still pregnant.

I had written a children's record for him, too, called The Merry Goes 'Round, full of little things I wanted to teach him.

I try to use imaginative metaphors to show him all the ways I love him.



Jewel. GETTY IMAGES

Let it snow...

The Weather Network calls for snow, which means Mommy has to wrestle you into multiple layers, including an embarrassing reindeer sweater, or go stir crazy while hibernating inside. Follow along with the comedic (mis)adventures of mommyhood online with Reasons Mommy Drinks at metronews.ca/voices



3
THE

Spice up Santa's cookies with Cinnamon-Honey Oat Drops

Looking for classic, comforting flavours in a chewy, soft cookie? This is it. The recipe takes a basic oat drop-style cookie and adds the comforting, holiday flavours of cinnamon and honey. These cookies beg to go with tea, hot cocoa or even milk left for Santa on Christmas Eve.

1. Heat oven to 350 F. Line 2 baking sheets with parchment paper.

2. In bowl, use electric mixer to beat butter, brown sugar, honey and vanilla. With mixer running, add eggs, one at a time,

Ingredients

- 1 cup (2 sticks) unsalted butter, room temperature
- 1 cup packed brown sugar
- 1/2 cup honey
- 1 tsp vanilla extract
- 4 eggs
- 2 1/4 cups all-purpose flour
- 1 tsp baking soda
- 1/2 tsp salt
- 1 1/2 tsp cinnamon, divided
- 2 1/2 cups old fashioned oats
- 1/4 cup granulated sugar



This recipe makes 36 cookies. MATTHEW MEAD/ THE ASSOCIATED PRESS

scraping the bowl in between additions.

3. Stir in flour, baking soda, salt and 1 teaspoon of the cinnamon. Stir in the oats.

4. Scoop by tablespoonful onto the prepared baking sheets,

leaving 2 inches between each cookie. Using slightly moistened hand, flatten cookies until 1/2 inch thick.

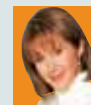
5. In bowl, stir granulated sugar and remaining 1/2 teaspoon of cinnamon. Sprinkle lightly over the top of each cookie.

6. Bake 10 minutes, or until no longer glossy and just starting to turn golden brown at the edges. Let cool on pan 10 minutes, then transfer to a rack to cool. Store in airtight container at room temperature for up to a week.

THE ASSOCIATED PRESS

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit
rosereisman.com

Longing for summer? Wendy's treats are creamy, delicious and will instantly transport you to warmer times. But be warned, they contain an overload of calories and sugar.

Wendy's Caramel Frosty Shake (Large)

1,000 calories / 154 g sugar

This beverage contains three quarters of a woman's daily calories and four times the daily sugar amount.



Equivalent

One large Wendy's caramel Frosty Shake is equivalent in sugar to 12 Boston cream donuts from Tim Hortons. It's close to consuming 40 teaspoons of sugar. The caramel sauce has the excess calories, fat and sugar — not to mention the whipped cream.



Wendy's Vanilla Frosty (Large)

570 calories/ 81 g sugar

Having half the calories makes a better choice, but only once in a while. This is still too many beverage calories to consume.



WagJag.com

GET DEALS ON THE GO!



Save
67%

OFF CARPET CLEANING

UP TO 67% OFF CARPET CLEANING FROM
OPTIONS PLUS CARPET & UPHOLSTERY
CLEANING (3 OPTIONS)

OPTIONS PLUS CARPET
& UPHOLSTERY CLEANING

MORE GREAT DAILY DEALS,

- 59% off 4 Bars of Dead Sea Black Mud Soap
- 84% off Toothbrush Heads
- 51% off Easy-Off Wall Murals

Sign up AND START SAVING, TODAY!

Visit **WagJag.com**

Follow us



Check Out
Festive FAVOURITES

A selection of deals to help you through the holidays!

www.wagjag.com/festive-favourites



You Could
Win an iPad

Or 1 of 5 \$200 WagJag Gift Cards

Every deal you purchase with a holiday badge
is an automatic entry for the chance to Win!

Pour yourself into this backyard biz

Vineyard venture.

Do you have what it takes to uncork a bold new career?

Growing grapes can be a rewarding pursuit. They're appealing to the eye, pleasing to the palate, a profitable sideline and a reason for parties and neighbourhood togetherness. It's no wonder so many

vineyards are cropping up in people's yards.

"The idea of having a landscape that produces something is one of the attractive issues," said Tom Powers, a winemaker who has designed and installed more than 100 small vineyards, mainly around the Alhambra Valley of Contra Costa County, Calif., near where he lives.

"The other thing is the lifestyle of being in wine country is attractive to people and they

want to be a part of it."

Property owners often install vineyards when renovating unsightly or underutilized land, said Powers, author of *The Organic Backyard Vineyard*.

"It's less expensive to do grapes than traditional landscaping like shrubs and flowers from an investment viewpoint," he said. "The trade-off is that you have to put in more maintenance time."

Make no mistake: Vineyards

require attention. Rootstocks must be chosen, the soil prepared, trellises and fences built, vines pruned, canopy leaves thinned, nets strung to discourage predators, grape clusters harvested and processed. But the work can be worth it economically. Grape growers from New York to California profit by selling their crops to hobbyists or to wineries that don't have enough tonnage to meet production demands. Other grow-

ers, including those who grow table grapes, enjoy exceptional flavours from fruit seldom found in markets.

The small acreage required for a vineyard can generate surprisingly high earnings. "Up to \$3,000 to \$7,000 per acre in gross returns," according to the Upper Shore Regional Council in Chestertown, Md.

Grapes also are a smart environmental choice given their modest water and fertilizer re-

Wines and dimes

"It's less expensive to do grapes than traditional landscaping like shrubs and flowers from an investment viewpoint."

Tom Powers, Winemaker

quirements, plus low soil runoff, the council said.

THE ASSOCIATED PRESS

The In-Credibility Factor

Name: Dr. Jonathan DellaVedova
City: Hamilton, ON
Age: 28
Occupation: Doctor specializing in pediatric medicine



THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca



Dr. DellaVedova. PROVIDED

Dr. DellaVedova (or Dr. DVD as he's referred to by his young patients) always thought he'd be a teacher. On a whim he applied to medical school and has not looked back since. He is currently in his fourth and final year of residency in general pediatrics at McMaster Children's Hospital in Hamilton. In the summer of 2013, he will return to his home town of Sault St. Marie, where he has accepted a job as a community pediatrician.

I knew I was on my way when ... I attended my first delivery of a baby. I was a first year medical student and I was working with an obstetrician that was a total grouch. He let me catch the baby even though I had no clue what I was doing. When that baby cried, I was so over the moon and I think I was more excited than the actual parents. I was so grateful to the doctor and the parents for letting me be a part of that moment. That's the feeling I try to remember when I get woken up a dozen times a night to attend deliveries

and bring a new life into the world.

Do it for yourself, but do it for them, too

There's an enormous amount of commitment and effort that goes into medical training, but you can't get to the first day of medical school or the last day of residency alone. Your family raised you, your teachers taught you, your friends and your partner supported you on the days you were so overwhelmed and sleep deprived that you wanted to quit. The people in your life invest in you because they want to see you succeed, so make it happen.

Pay it forward

The more skills and qualifications you get, the more opportunities will pile up and the more you will find yourself saying, 'No'. But never turn down an audience with aspiring young people or an opportunity to teach. Some day they may be your doctor, nurse, mechanic or food safety inspector.

Car Rental Deal

Receive 4
FREE*

car rental days when you book your 7-night airfare, hotel and car package to the USA with GOGO Worldwide Vacations. No blackout dates. Book today, offer expires Dec 16, 2012.

FLIGHT CENTRE *Unbeatable* | 866 967 5402

*Offer is valid at Flight Centre locations in Canada for Alamo Car Rental. Valid on new GOGO Vacations bookings only. For travel between December 13, 2012 - Mar 31, 2013. No blackout dates apply. Required to book a minimum 7 days air, land and car rental for two paying adults and four (4) free car rental days with a maximum value of \$200 per file. Offer is applicable to any destination in the USA. Offer is applicable to midsize vehicle category or higher. Driver must be 25 years of age and possess a valid driver's licence. Local taxes and fees are not included and are paid separately. Offer is subject to change without prior notice. All seats are limited and subject to availability. Discount cannot be combined with any other offer or promotion and applies to the car rental only. Not valid on bookings made online at www.flightcentre.ca. Additional restrictions may apply. Offer expires December 16, 2012.

HGS Dartmouth | **HGS**
HINDUJA GLOBAL SOLUTIONS

Celebrate the New Year early...
...with a new Job!

We have great Customer Service positions starting in January.

- Health/Dental/Vision Coverage
- Commissions
- Pay for Performance
- Refer A Friend = \$\$\$
- Merit Increases
- Annual Awards
- Discounts
- AIR MILES!

Apply Today @
JoinHGS.com
481-9475



Bouncing back not a problem for Moose

On the rebound.
Halifax keeps winning after every loss



PHILIP CROUCHER
philip.croucher@metronews.ca

Here's yet another statistic the Halifax Mooseheads can hang their hat on — 30 games in and no back-to-back defeats.

Coming off its fifth loss of the season in a 7-6 overtime setback to the Titan in Bathurst on Saturday night, Halifax rebounded Sunday by defeating the Saint John Sea Dogs 4-2 before over 4,100 fans at Harbour Station.

"We talked about that a lot — every time we lose we want to bounce back," said Mooseheads coach Dominique Ducharme. "When we don't play our best game or lose — that we're coming back strong the next game."

Jonathan Drouin, playing in his final game with the Mooseheads prior to leaving for the Canadian junior selection camp with teammate Nathan MacKinnon, scored for Halifax against Saint John, along with Stefan Fournier, Matthew Boudreau and Darcy Ashley.

Halifax allowed just 17 shots as Zachary Fucale was in goal after being yanked against the Titan when he allowed five goals on just 12 shots.

"Without the puck, we were much better, even though in the second I thought we backed off a little bit and that gave them two really solid scoring chances, which they scored on," said Ducharme. "But overall it was a pretty solid effort."

Against the Titan, Drou-

Calgary bound

3 Moose have shot at juniors' spot

Halifax Mooseheads coach Dominique Ducharme says Nathan MacKinnon and Jonathan Drouin are excited about leaving Monday for Calgary and the Canadian junior selection camp.

Ducharme says he told the 17-year-olds to make sure they play their game there and good things should happen.

"They have some strengths that separate them from the other guys," he said. "If they bring that, they have a good shot at making it."

MacKinnon and Drouin will arrive in Calgary Monday afternoon. The team is expected to be announced Wednesday.

PHILIP CROUCHER/METRO



Mooseheads forward Nathan MacKinnon METRO

in finished with three goals and an assist while MacKinnon had four helpers.

Drouin and MacKinnon, along with Martin Frk, leave



Halifax Mooseheads forward Jonathan Drouin had four goals in the two weekend games. JEFF HARPER/METRO

Monday to attend junior selection camps, and if they are successful, will be gone for about a month.

Ducharme said losing the team's entire top line is dif-

ficult but added it's an opportunity for others to step up.

"As a team, we're taking that like a challenge and we want to doing everything lit-

tle we can to get two points each night," said Ducharme.

Halifax returns to action Thursday against the Prince Edward Island Rocket at Metro Centre at 7 p.m.

Spon invokes higher power after dramatic win

The Halifax Rainmen's head coach was still stoked on Sunday, two days after watching Quinzel Brown nail a game-winning Hail Mary buzzer beater on Friday.

"God was with us that day," said Rob Spon.

Tied 87-87 versus Oshawa Power with just a few seconds on the clock, Brown drained his attempt from the opposite free-throw line, giving Halifax

a dramatic 90-87 comeback victory.

"He didn't throw it, he shot it," said Spon. "It was a really heads-up play, to make the steal and the shot."

In fact, TSN selected it as its Highlight of the Night.

The bolstered Rainmen squad scored a decisive 103-96 home victory the following night over the Saint John Mill Rats.

The win pushed the Rain-

Quoted



"There's talent here. That's starting to show now."

Rainmen head coach Rob Spon

men two games over .500 at 7-5, and 5-1 under Spon.

Joey Haywood scored a team-high 18 points for Halifax while Melvin Goins chipped in with 16.

In both victories Spon said he was impressed by his squad's team play and hustle.

But he acknowledged the Rainmen's defensive breakdown in the fourth quarter against Saint John, giving up 39 points after allowing just 21, 20 and 16 in the previous three.

"We still haven't played a perfect game where we give up 22 points or less per quarter."

In preparation for Thursday's road rematch against the Mill Rats,

Spon said he'd be focusing on rebounding, defence and shooting.

"You have to put teams away, you've got to step on their throat. You can't let them back in."

ANDREW RANKIN/METRO

MoneyProvider.com
\$500 Loan
and more
No credit refused
Fast, easy and secure
1-877-776-1660
www.moneyprovider.com

Six to watch in Russia

Injuries and the potential end to the NHL lockout might change a few things, but the depth and talent level of players invited to training camps for the world junior championship is breathtaking. Here's a look at some of the most intriguing players expected to star in Ufa, Russia, when the tournament begins Dec. 26.

TORSTAR NEWS SERVICE

Photos by Getty Images/Metro



Nail Yakupov, Russia

The No. 1 overall pick of the 2012 draft (to Edmonton) gets a chance to shine on the international stage after starring for his hometown team — Neftekhimik Nizhnekamsk — of the KHL. Through 19 games this season, Yakupov has 10 goals and eight assists.

Ryan Nugent-Hopkins, Canada

If a shoulder injury and the NHL don't get in the way, the No. 1 overall pick of the 2011 draft (to Edmonton) will get a taste of playing against a future teammate. The missing link in his impressive hockey resumé is an appearance at this tournament.



Nathan MacKinnon, Canada

What's this? A product of Cole Harbour, N.S., has a chance to go No. 1 in the draft next year? MacKinnon won't play centre — his natural position — but he will get a chance to show scouts his versatility by playing wing. He had five goals and six assists playing within his age group at the Ivan Hlinka tournament in the summer.



Seth Jones, United States

The Portland Winterhawks blue-liner is another potential first-overall pick in the next NHL draft and will go head-to-head for scouts' attention playing against MacKinnon and Team Canada in the same side of the draw. He's the son of former NBA player Popeye Jones.



Aleksander Barkov Jr., Finland

If there's a European out there who could challenge MacKinnon and Jones for the top spot in the draft, it's Barkov, the son of a former Russian hockey player. Barkov returns to Team Finland as the leading scorer for Tappara Tampere of the Finnish top division. At 16 years, four months last year, he became the second-youngest player ever to score at the world juniors.

Morgan Rielly, Canada

The Maple Leafs blue-line prospect (No. 5 in the 2012 draft) wears No. 4 in Moose Jaw and plays a bit like that other famous No. 4. That is to say, he plays all over the ice. At this tournament, his strength will be his skating, and he's got to rein in his free spirit.



Available anywhere.
Download the NEW Metro app today.

IN SUPPORT OF THE CANADIAN TESTICULAR CANCER ASSOCIATION

MANATHLON

HALIFAX, NS APR 05, 2013

Lay off the tight pants and underwear. It can make your #nuts overheat and swell. Keep your #eggs #freerange.

@themanathlon

The Canadian Testicular Cancer Association themanathlon.ca



Packers pounce on Lions in snowy Green Bay

Packers defensive end Mike Daniels runs a fumble by Detroit Lions quarterback Matthew Stafford back for a 43-yard touchdown on Sunday night at Lambeau Field in Green Bay, Wis. The Packers won 27-20 and are now a win away from clinching the NFC North title. JEFFREY PHELPS/THE ASSOCIATED PRESS

NBA

Anthony edges Knicks past Nuggets

Carmelo Anthony returned from a two-game absence with 34 points against his former team, and the New York Knicks beat the Denver Nuggets 112-106 on Sunday night to remain the NBA's lone unbeaten team at home.

Back in the starting lineup after missing two games with a cut on the middle finger of his left hand that required stitches, Anthony twice made baskets in the final 2:08 after Denver had pulled within four points.

THE ASSOCIATED PRESS

Soccer

Mueller's record eighty-sixed by Barca's Messi

Lionel Messi broke German great Gerd Mueller's 40-year-old record for most goals in a year by scoring

for the 86th time in 2012 on Sunday.

The Argentinian forward scored twice to lead Barcelona to a 2-1 win at Real Betis in the Spanish league match.

THE ASSOCIATED PRESS



Lionel Messi
GETTY IMAGES

Grieving Cowboys gut out close win

NFL. Dallas plays a day after learning one teammate was killed and another arrested following a car crash

Numb. Grieving. Distracted. The Cowboys were all those things on Sunday, dealing with the death of one teammate and the tribulations of another.

Winners, too, though they hardly felt like it.

Dan Bailey kicked a 40-yard field goal as time ran out, sending the Cowboys to a 20-19 victory over the Cincinnati Bengals that ended a tough afternoon with a little bit of relief and their playoff chances enhanced.

Didn't last long, though. There will be a lot more emotional days ahead in Dallas.

"It's a hard, hard situation we're in," quarterback Tony Romo said. "There's no playbook for this sort of thing in life."

The Cowboys overcame a nine-point deficit in the closing minutes behind Romo, who held his hand over his heart during a moment of silence to honour teammate Jerry Brown before the kickoff. The linebacker died in an car accident early Saturday.

Defensive lineman Josh Brent, who was driving, was released from jail in the Dallas suburb of Irving after posting \$500,000 bond Sunday, a day after police say he was drunk and speeding when the vehicle he was driving clipped a curb and flipped.

The Cowboys (7-6) learned about Brown's death on their flight to Cincinnati on Saturday. Coach Jason Garrett told



Dallas Cowboys quarterback Tony Romo leaves the field after the Cowboys defeated the Cincinnati Bengals 20-19 on Sunday in Cincinnati. MICHAEL KEATING/THE ASSOCIATED PRESS

Quoted

"I don't remember crying this much other than maybe the day I was born."

Dallas Cowboys defensive lineman Marcus Spears on the emotional toll of playing after learning of the death of one teammate and arrest of another following an auto accident.

his team that the best way to honour him was to play well in a game with playoff implications for both teams.

One of the visitors' metal lockers at Paul Brown Stadium had a strip of white athletic tape with "53 JERRY BROWN" attached to the top, a wooden

stool inside sitting upside-down. Brown's No. 53 jersey was on the sideline during the game — defensive tackle Jason Hatcher held it up after Bailey's kick decided it.

It wasn't much of a celebration by an emotionally spent team.

Players couldn't keep the tragedy out of their thoughts during the game, finding their minds wandering on the bench.

Owner Jerry Jones described his team as grieving when it took the field. It was the second consecutive week that an NFL team was playing a day after losing a teammate. Kansas City beat Carolina 27-21 one day after linebacker Jovan Belcher shot his girlfriend at their home before driving to the Chiefs' practice complex and shooting himself.

THE ASSOCIATED PRESS

Clipper understudies take lead role vs. Raptors

The Los Angeles Clippers were lacking energy through three quarters. Their backups came in and changed the game again.

Jamal Crawford led a fourth-quarter rally by the reserves with 16 points and the Clippers beat Toronto 102-83 on Sunday to win their sixth in a row while handing the Raptors their 10th consecutive road loss.

The backups gave Los Angeles its first double-digit lead of the game after Toronto kept it close through the first three periods before dropping its fourth straight.

Toronto's DeMar DeRozan scored 24 points in his home-

Sunday's game

102

Clippers

83

Raptors

town. Linas Kleiza added 17 points, including five three-pointers.

"It came out of nowhere," DeRozan said of the Clippers' surge. "We just didn't score and we couldn't get any stops, and they took advantage of it. They're the deepest team in

Quoted

"They locked in on defence and we stopped moving the ball from side to side, which was the key for us in the first three quarters."

Raptors forward Andrea Bargnani, who scored 12 points on 5-for-15 shooting on Sunday.

the league. They've got a lot of talented players that are capable of being starters in this league."

Eric Bledsoe added 14 points on his 23rd birthday to help the Clippers' reserves outscore their counterparts 47-24.

Blake Griffin led the Clippers with 19 points. Chris Paul added 16 points and DeAndre

Jordan had 10 rebounds. Caron Butler was the only starter to play in the fourth, coming in only after Matt Barnes was ejected with 1:36 to play.

Los Angeles' reserves dominated the final period for the third straight game, turning stars Griffin and Paul into cheerleaders.

THE ASSOCIATED PRESS



Toronto's Amir Johnson, left, defends Clippers guard Chris Paul, centre, with Raptors teammate Ed Davis on Sunday in Los Angeles. HARRY HOW/GETTY IMAGES

Horoscopes

Aries

March 21 - April 20

Stay focused on your long-term ambitions this week. Ignore all those interesting but unproductive activities that eat into your time and energy but bring no return. What is your number one goal? Go straight for it.

Taurus

April 21 - May 21

An upheaval or setback that took place last week may have knocked you out of your stride a bit but you will soon recover. Taurus is a wonderfully resilient sign and you will easily outlast those who oppose you.

Gemini

May 22 - June 21

There is a heightened sense of urgency about your activities now and that's good because a lot will happen over the next few days and you will have to move fast to keep up with events. Better still, get ahead of them.

Cancer

June 22 - July 23

The best way to further your aims is to help partners and colleagues further their own. The more you help other people now the more they will help you later in the week. You can't do it all on your own.

Leo

July 24 - Aug. 23

You need to get serious about certain issues over the next few days. You have been a bit too easygoing of late and some people are beginning to think you cannot be trusted. Go out of your way to prove them wrong.

Virgo

Aug. 24 - Sept. 23

Make sure you get plenty of rest today because you are going to be very busy come Wednesday and Thursday. You don't have to start the week at a run: start slowly and build up to a pace you feel comfortable with.

Libra

Sept. 24 - Oct. 23

The planets want you to go out and have fun. The planets want to see you enjoy yourself. At this time of year the Sun in the daring sign of Sagittarius gives you the perfect excuse – not that you really need one.

Scorpio

Oct. 24 - Nov. 22

Some kind of breakthrough is on the cards for the next few days, most likely of a financial nature. You may have to give up one thing to gain another but on balance you will come out on top in the deal.

Sagittarius

Nov. 23 - Dec. 21

You will get the chance to do something different today, something out of the ordinary and maybe even a bit outrageous. You enjoy seeing how far you can push your luck, so push away.

Capricorn

Dec. 22 - Jan. 20

Make a list of all the things you would like to change in your life, because you will soon get the opportunity to make them happen. Even if you like things pretty much as they are some things can still be better.

Aquarius

Jan. 21 - Feb. 19

What you most need to realize today is that if you think lucky you are more likely to be lucky. That's not new age mumbo-jumbo: like attracts like and a positive attitude really does make good things happen.

Pisces

Feb. 20 - March 20

You may not understand why a friend or family member is behaving the way they are but if you are wise you will let them get on with it. The planets suggest it's no big deal – they're just being a bit "anti". Hopefully, those limitations will have taught you the importance of timing. **SALLY BROMPTON**

Crossword

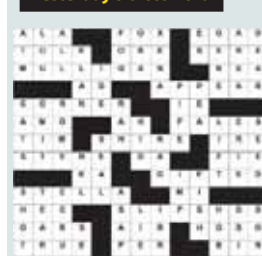
Across

1. Good Morning America's — Champion
4. Comic Margaret —
7. The — Fi Channel
10. Vocal
12. Sleep stage (abbr.)
13. Pinto or lima
14. Actress Bonet of The Cosby Show
15. Boxer called "The Greatest"
16. Hard knocks
17. Pretenses
20. — Elsewhere
21. Former talk show host (init.)
22. South Pacific nation
25. Frasier's dog
29. Three, in Rome
30. Egg cells
31. Path
34. Fictional rabbit
36. Compass pt.
37. Dorothy's aunt
38. Reception, e.g.
45. Great review
46. Soak flax
47. Easy gait
49. Enable, as a felon
50. Family card game
51. Dry
52. Heavy weight
53. Magnum, P.I. actor Selleck
54. Medical suffix

Down

1. Sun God
2. Operatic solo
3. Wad
4. Stuff
5. Second Beatles film
6. Leave off
7. Actor Penn
8. Hats
9. — and outs
11. Noose
13. Group of chicks
18. Actress Hagen
19. Fury
22. Take a rest
23. The Fresh Prince of Bel —
24. Soccer great Hamm
26. Speck
27. — Got a Secret

Yesterday's Crossword



What's online

See today's answers
metronews.ca/
answers.



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

8	7	4	9	5	1	2	6	3
3	1	9	6	2	6	5	7	4
2	5	6	3	4	7	1	8	9
5	3	2	1	7	8	9	4	6
7	4	8	6	9	5	3	1	2
9	6	1	4	3	2	8	5	7
1	9	3	5	6	4	7	2	8
4	8	7	2	1	9	6	3	5
6	2	5	7	8	3	4	9	1

4		9			5		3
	5	2	3		1	6	8
3							4
			8	5			
	7			2		5	
			4	9			
1							8
	2	5	1	7	3	4	
6		7			2		5

Today

5°/-2°

Rain and snow

90%

Tuesday

10°/-4°

Showers

60%

Your #1 weather forecast now available in HD.

Check your local listings for details.

The Weather Network HD

©The Weather Network 2012

If any of these define you...

- a people person
- love an adventure
- are the creative type
- want to make a difference
- are very organized
- have a knack for detail

Then Your Success is Waiting! Choose a career you will love...

Correctional Worker & Policing • Business Administration • Medical & Dental Office Administrator
Counselling Skills/Social-Human Services • IT Specialist • Child & Youth Care Worker • Paralegal Plus

Classes begin March 4, 2013
Call Today!

1-888-809-2472
SuccessCollege.ca



GET BOXING
DAY SAVINGS NOW!

O'REGAN'S DARTMOUTH HYUNDAI

HYUNDAI | NEW THINKING
NEW POSSIBILITIES*
**EMPLOYEE
FRIENDS & FAMILY
PRICING**

SHARE *Holiday Savings* WITH ONE & ALL

0%[†]
FINANCING

+

UP TO \$10,000
IN PRICE ADJUSTMENTS[‡]

ON SELECT
MODELS

BONUS:
UP TO \$500 IN
O'REGAN'S CHRISTMAS CASH



2013 ELANTRA
2012 CANADIAN & NORTH AMERICAN
CAR OF THE YEAR

GET UP TO

\$2,000

IN PRICE
ADJUSTMENTS[‡]

&

\$0 DOWN

\$84

BI-WEEKLY



2013 SONATA

THE MOST FUEL-EFFICIENT FULL-SIZED CAR – NATURAL
RESOURCE CANADA'S 2012 ECOENERGY VEHICLE AWARD[§]

GET UP TO

\$3,500

IN PRICE
ADJUSTMENTS[‡]

&

\$0 DOWN

\$135

BI-WEEKLY

*See dealer for full details. Includes freight, PDI, taxes and fees extra. Cannot be combined with any other offers. Christmas Cash only available with O'Regan's financing. \$250 available with Elantra purchase; \$500 with Sonata purchase.



O'REGAN'S
DRIVING HIGHER STANDARDS

**DARTMOUTH
HYUNDAI**

60 BAKER DRIVE, UNIT D • 465-7500
WWW.OREGANSHYUNDAIDARTMOUTH.COM